



Issue 7 # 8

# Shedding Endeavour's

## 7<sup>th</sup> March 2023

The Shed is open Tuesday - Saturday 10.00am – 3.00pm



Sick List All good

### Members Birthdays in March

2nd March	Peter Spry	21st March	Geoff Brown
8th March	Lawrence Canfield	21st March	Harry Hornstra
9th March	Bruce Latham	25th March	Ross Blackwood
11th March	Doug Rowley	30th March	Gus de Hoogd
17th March	David Boyle		

<u>Cleaning Roster</u>			
<u>Today 7<sup>th</sup> March</u>	<u>Doug Rowley</u>	<u>Paul Morris</u>	<u>Len Follett</u>
<u>Next Week 14<sup>th</sup> March</u>	<u>Doug Rowley</u>	<u>Peter Wallace</u>	<u>Tony Brosinsky</u>





## Events Calendar

March 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1  Leaving @ 9am Talk to HANS	2  Music Group @ 12.30pm	3 Lysterfield Park Walk @ 11am for 45minutes	4	5
6	7  By Vm <b>AVALON 2023</b> Tai Chi @ 11.45AM Music Group @ Midday	8 Infl. Women's Day  Photo Club 10am	9  Music Group @ 12.30pm	10 Lysterfield Park Walk @ 11am for 45minutes	11 Promotional table @ EHSC As per roster 9am - 2pm 	12
13	14 "My Health Related Experience" Member's Sharing Time - Mark Tai Chi @ 11.45AM Music Group @ Midday	15  Leaving @ 9am Talk to HANS Compline Meeting @ 10am	16  Music Group @ 12.30pm	17 Lysterfield Park Walk @ 11am for 45minutes	18	19
20	21 Newbie's Self- introduction John Freshney Music Group @ Midday	22  Photo Club 10am	23 A Trip to Grand Ridge Brewery Time & Transport as per arrangement  Music Group @ 12.30pm	24 Lysterfield Park Walk @ 11am for 45minutes	25	26
27	28  Laury G. & Tony B. on Beehives Tai Chi @ 11.45AM Music Group @ Midday	29	30  Music Group @ 12.30pm	31  Barefoot DC Bowling 5.30 - 8.30pm		

Changes may occur due to unplanned factors

### Last week's Meeting

- Apologies: Len Follett, Neil Bennett Geoff Brown, Brian Ashworth, Harry Hornstra, Reyes Franco and Bruce Lathom.
- Ensure your Working with Children cards are up to date.
- St Pauls School Tony B is in contact.
- James Cook Primary School on site project on 10<sup>th</sup> March.
- Ron Sterling re brewery visit to Grand Ridge Brewery on 23<sup>rd</sup> March.
- Sink and eyewash station is not a dumping ground for paint and varnish.
- Will Beattie and Tony R to contact Cleanaway re paint bin.
- Brian Oates reported interest in 500, Crib and Chess
- AJ requested someone take on organisation of the DC Bowling nights.
- Need risk assessment in the workshop.

- No non-members in the workshop.
- New first aid box to be wall mounted.
- Will and Tony R reported on fishing.



### EHMS Shirts



Charcoal

**This week the order sheet will be on the table for polos. We can also bet long sleeved and the more expensive black bamboo shirts.**

ADULTS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	53.5	56	58.5	61	63.5	66.5	70	73.5
SP LENGTH	70	72.5	75	77.5	80	81	82	83



Venue: Grande Ridge Brewery

Date: Thursday 23<sup>rd</sup> March

## Extract from VMSA Newsletter CEO Report

I had the pleasure of visiting Endeavour Hills last week, which is a shed I have watched develop over the past few years. From humble beginnings operating out of a Kindergarten building that was shared with other groups, with the guys having to pack up all their tools at the end of everyday with only 14 members; to their current new shed that includes not only a large purpose-built workshop, but professional meeting rooms, a fully fitted kitchen, and a dedicated purpose-built office space it's an amazing success story. They now have 84 members with new members lining up to join which proves if you build it and run a good operation, they will come. The guys did a lot of lobbying over the years with both council, government departments and their local politicians, and there were many challenges along the way. Ultimately, they lobbied hard at every opportunity to anyone that would listen and got a great outcome proving hard work pays off, and now have a thriving shed and a great success story.

## What are the signs of depression in men?

The signs of depression in men involve changes in the way they think, feel or behave. There are also physical signs of depression.

For example, you may **feel**:

- [irritable](#), [angry](#) or frustrated
- [sad](#) or empty
- disappointed
- indecisive or overwhelmed.
- helpless or hopeless
- guilty

You may **think** negative thoughts, such as:

- you are not important or valuable (low [self-esteem](#))
- people would be better off without you.
- life is not worth living.
- your life is not enjoyable.

You may start **behaving** differently — for example, by not going out with friends or family

- not managing as well as you normally do at work or school
- escaping into work or sports activities
- not doing activities you normally look forward to
- relying on drugs or alcohol to make it through the day.
- not being able to concentrate
- behaving recklessly

You may also notice **physical signs**, such as:

- [difficulty sleeping](#) or [feeling tired](#)

- changed appetite — with or without weight loss or gain.
- feeling run down or unwell.
- loss of sexual desire or performance
- headaches
- muscle pain
- churning stomach

Almost everyone experiences some of these signs occasionally. If your symptoms appear often or won't go away, you may be experiencing depression.

While anyone with depression can experience any of these symptoms, men and women tend to experience and report them differently. Men are more likely to talk about the physical symptoms of depression, such as feeling tired or losing weight, rather than saying they feel low.

Some people who experience depression think their life is not worth living or that other people would be better off without them. People experiencing depression are more likely to take their own lives by suicide, while sadly, 7 men end their own lives every day in Australia.

MISTAKE            WINNER OF THE MEAT TRADE'S BEAUTY CONTEST

LAMENTABLE      (YORKSHIRE) THE SUNDAY ROAST IS ON THE TABLE

FLABBERGASTED    APPALLED AT YOUR WEIGHT GAIN

EMAIL             (YORKSHIRE)THE POSTMAN'S ARRIVED

MISPRINT         TO RUN IN THE WRONG DIRECTION

ENDORSE         THE LOSER IN THE GRAND NATIONAL

EXTRACTOR FAN    A FORMER LOVER OF AGRICULTURAL EQUIPMENT.

INTEGRATES        A FIREPLACE ENTHUSIAST



**President – Doug Rowley**

**[president@ehms.org.au](mailto:president@ehms.org.au)**

**Secretary - Paul Morris**

**[secretary@ehms.org.au](mailto:secretary@ehms.org.au)**

**Treasurer – John Thornton**

**[treasurer@ehms.org.au](mailto:treasurer@ehms.org.au)**

**Vice President – Howard de Zylva**

**[hdezylva@hotmail.com](mailto:hdezylva@hotmail.com)**

**Almoner - Doug Rowley**

**[yelwor1946@gmail.com](mailto:yelwor1946@gmail.com)**

**Endeavour Hills Men's Shed Committees**

**Program**

**BBQ**

**Management**

Andras Jakab

Stan Ashley  
Neil Evans  
Graeme Seymour

Doug Rowley  
Howard de Zylva  
Paul Morris  
John Thornton  
Bob Daly

Tony Brosinsky  
Hans van Dyk  
Laurie Canfield  
Peter Wallace  
Lauren Gordyn

**Working with Children Checks held by:**

John Grennan  
Geoff Brown  
Doug Rowley  
Howard DeZylva  
Stan Ashley  
Paul Morris  
Gordon Harris  
Peter Wallace  
Neil Evans  
David Robinson  
Tony Brosinsky  
Laurens Gordyn  
Max Brockbank  
Rodney James  
Brian Oates

Laurie Canfield  
Neil Bennett  
Andras Jakab  
Harry Hornstra  
Brian Ashworth  
Hans van Dyk  
Robert Kay  
Will Beattie  
Len Follett  
John Thornton  
Garrick Williams  
Vin Wragg  
Graeme Seymour  
Peter Spry  
Ron Hall

**First Aiders.**

Trevor Ratcliffe  
Paul Morris  
Doug Rowley  
John Thornton  
Brian Ashworth  
Neil Bennett  
Tony Cannata  
Howard De Zylva  
Garrick Williams  
Stan Ashley  
Neil Evans  
Laurie Canfield